



## > Important numbers to track

### Your BMI and waistline are vital signs

Your Body Mass Index (BMI) is one indicator of your health. Talk to your doctor about your BMI and what you can do to improve your number and your health.

Keep track of your waistline and BMI			
Date	Waist circumference	Weight	BMI

### Number standards

#### Body Mass Index standards

30 or greater = obese

24.9 – 30 = overweight

18.5 – 24.9 = normal weight

Less than 18.5 = underweight

#### Figure out your BMI

$$\text{BMI} = \frac{(\text{weight in pounds} \times 703)}{\text{height in inches}^2}$$

(kg/m<sup>2</sup>)

#### Example:

$$\begin{aligned} \text{BMI} &= \frac{(140\text{lbs} \times 703)}{64^2} \\ &= \frac{(98420)}{4096} \\ \text{BMI} &= 24 \end{aligned}$$

### Keep an eye on your waistline

Your waist circumference is an indicator of abdominal fat. A larger waist increases your risk for type 2 diabetes, high blood pressure, high cholesterol and heart disease.

Determine your waist circumference by placing a measuring tape snugly around your waist, level with your navel.

### Health risks increase with a waist circumference of:

More than 40 inches (102 cm) for men.

More than 35 inches (88 cm) for women.